

What if?



Lesson 5: What if we didn't have any secrets holding us back?

What if we didn't have any secrets?

Ephesians 5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. *New International Version*

Ephesians 5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. *New International Version*

Ephesians 5:5 For of this you can be sure: No immoral, impure or greedy person—such a man is an idolater—has any inheritance in the kingdom of Christ and of God. *6* Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. *7* Therefore do not be partners with them. *New International Version*

Ephesians 5:8 For you were once darkness, but now you are light in the Lord. Live as children of light *9* (for the fruit of the light consists in all goodness, righteousness and truth) *10* and find out what pleases the Lord. *New International Version*

Ephesians 5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. *12* For it is shameful even to mention what the disobedient do in secret. *New International Version*

Ephesians 5:13 But everything exposed by the light becomes visible, *14* for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you." *New International*

Version

How do secrets hurt us?

1 John 3:21 Dear friends, if our hearts do not condemn us, we have confidence before God *New International Version*

Secrets destroy our connection with God

What you must know to walk away from secrets

1. You're already free

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. *New International Version*

Ephesians 4:24 and to put on the new self, created to be like God in true righteousness and holiness. *New International Version*

You can't become more holy you can only live more purely

What you must know to walk away from secrets

2. Some secrets take time to overcome

Hebrews 10:14 For by that one offering he forever made perfect those who are being made holy. *New Living Translation*

What you must know to walk away from secrets

3. You must come clean before God

1 John 1:8 If we claim to be without sin, we deceive ourselves and the truth is not in us. *9* If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. *New International Version*

What you must know to walk away from secrets

4. God can give you His Grace

Hebrews 4:14 Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. *15* For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. *16* Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. *New International Version*

What you must know to walk away from secrets

5. You might need professional help

Most addictions are the result of guilt and shame that haven't been identified and let go of

Proverbs 19:20 Take good counsel and accept correction—that's the way to live wisely and well. *Message Bible*

What you must know to walk away from secrets

6. You have to walk in the light

Romans 13:12 The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. *13* Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. *14* Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature. *New International Version*

It's impossible for *SECETS* to exist in the light